



# 50+ Recreation

## April 2019

ISSUE 4

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

### Creative Arts Event

Come to Martin Janis May 8-17 for, workshops great entertainment and artwork.

#### Creative Arts Event Opening Night

*Wednesday, May 8*

*Doors open at 6pm. Ceremony begins at 7pm.*

Light refreshments and entertainment.

#### Line Dance Showcase:

*Thursday, May 9 Noon*

#### Dinner and Dance Party w/Michael Rose & Co.

*Friday May, 10 5 pm Cost \$15*

Deadline to register: May 7

#### Line Dance workshop: Derik Steele

*Saturday, May 11 9:30 am-3:30 pm*

*Cost: \$35 for registrations received before May 4;  
\$40 late registrations.*

Limited space-Questions call Linda Jacobs at The  
Gillie Center

(614-645-3106) or email, [anitaebbert@gmail.com](mailto:anitaebbert@gmail.com) or  
Roger at [lingofun@sbcglobal.net](mailto:lingofun@sbcglobal.net)

#### Poetry & Writing Expo:

*Monday, May 13 Event starts at 9:30 am*

#### Central Ohio Hall of Fame:

*Wednesday May 15 1 pm*

#### Variety Show:

*Thursday May, 16 1 pm*

**Nonagernian** (a person who is from 90 to 99 years  
old)

#### Celebrate Good Times

*Friday May, 17 11am Cost: Free to those over 90,  
\$10 for everyone under 90 years Includes Lunch  
and Entertainment.*

Get tickets at The Gillie Center (645-3106) or The  
Martin Janis Center (645-5954)

### 50+ Water Exercise

Join Alice Irwin for a lower-intensity workout that  
focuses on stretching, range of motion and gross-  
motor function.

**Session V April 8-May 22**

**Mondays and Wednesdays**

**10-11 am**

**\$20 per session or \$2 per class**

Columbus Aquatic Center

1160 Hunter Ave. 43201

For information, call 645-6122.

#### April 2019

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Newsletter Editor: Wendy Frantz	614-645-7427

## Dance

### Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

### Tap Dance:

*Advanced* *Wednesdays 4:15 pm*

*Beginning* *Wednesdays 6:30 pm*

Ballet Class *Wednesdays 5:15 pm*

### Gillie Wednesday Evening Dance Information

*6:30-9 pm Admission: \$5*

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at

6:30 pm. Refreshments served, dancing until 9 pm.

### Weekly Themes:

*April 3 Birthdays/Anniversaries*

*April 10 Poor Man's Shuffle*

*April 17 Easter Parade*

*April 24 Spring Fling*

### Marion Franklin

### Line Dance (*Intermediate*)

*Mondays, Wednesdays and Fridays 10-11 am*

*"Step by Step" Wednesdays 11:15 am*

*Men's Tuesdays and Thursdays 11:15 am*

### Line Dance Workout *Tuesday and Thursday 10 am*

### Evening Line Dance

*Open Wednesday 6-7 pm \$10*

*Zumba \$30 per person, per session*

*Mondays 7-8 pm*

*Saturdays 10:30-11:30 am*

## Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

The Golden Hobby Gift Shop has Spring and Easter items that make you feel good just walking around. Wreaths, centerpieces, many kinds of small, medium and large décor, bunnies, baskets, ornamental fused glass, pottery, greeting cards for the season and much more. Come in and browse! Also, on Saturday, April 13, 11:00 am – 1 pm, we're having a *free* Make It Take It class featuring an Easter project. Call to register 614-645-8329.

## Red Hats

### Gillie's Fillies Red Hatters: Mark your calendars!

### Longhorn Steakhouse

*Thursday, April 11 Noon*

4950 N. Hamilton Rd. Gahanna

### Birthday Bash – Register NOW!

*Saturday, April 27*

Berwick Party House

Send your \$45 registration fee before April 15 to:

Sherry Thompson

300 Midland

Columbus, OH 43223

(614-571-0038)

## Trips

### Barnett

**645-3065**

### National Underground Railroad Freedom Center

*Tuesday, April 2 8 am Cost \$25*

Travel with us to Cincinnati as we visit the Freedom Center. Our visit will include a guided tour focusing on the highlights of the museum, as well as time for you to explore on your own. We will stop at Montgomery Inn –The Boathouse for lunch before we head back to Columbus (lunch is on you).

### Amish Country

*Tuesday, April 16 8 am Cost \$10*

Join us as we venture to Walnut Creek for shopping and delicious food. On our way, we will stop at Harvest Thrift Store and Walnut Creek Cheese. You will then have time to explore the shops in Walnut Creek, and lunch will be on you at Der Dutchman.

### Dodge

**645-8151**

### Flower Shop Hop

*Friday, April 12 9 am*

*Cost \$5 (transportation only);*

*Franklin Park admission \$16 (60-up) & \$19 general admission*

Join us as we hop around to do some flower shopping for Spring! We will be stopping at Franklin Park Conservatory, getting lunch at The Old Bag of Nails, and then heading over to Demoyne's to get some flowers, bulbs, or just take a look around to get you in a Spring flower fling frame of mind. Please bring money the day of the trip for lunch, shopping and admission to Franklin Park as we will be paying at the door.

# Trips

## Dodge (continued) 645-8151

### **Jungle Jim's and Snooty Fox**

**Friday, April 26 8 am sharp! Cost \$20**

Join us as we travel down to Cincinnati to check out Jungle Jim's and the lovely Snooty Fox consignment shops in the area. We will be doing this in collaboration with Marion Franklin so you can register at either location for this trip. We will be using a bus, 30 spots will be available, first come first served. Please bring additional money if you plan to shop around and eat some lunch. We will be leaving Dodge at 8:00 am sharp so please be on time.

## Gillie 645-3106

### **Gillie Trip Policy**



**Motor Coach Trips are open to any adults 21 years and over. For van or mini bus trips, you must be a member.**

**Please call 645-3106 for more policy info.**

### **Mystery Lunch**

**Wednesday, April 12 9:30 am Cost \$7**

Registration begins April 5.

### **Gillie History Tours Present:**

#### **Flint Ridge State Park, Wilson's Garden Center and Stacy's Homestyle Buffet**

**Wednesday, April 17 8:30 am-4pm Cost \$20**

Explore one of the most prodigious and sacred flint quarries in North America on a ridge outside of Newark. We'll look at some of the past cultures that used this rock to make weapons and tools for thousands of years. We'll stop at Wilson's Garden Center for some perennials and annuals and have lunch (on your own) at Stacy's Homestyle Buffett.

**Registration begins April 3.**

### **Treasure Bag Tour**

**Tuesday, April 23 8 am Cost \$125**



**(includes motor coach, tours & lunch)**

We will visit the **Pine Tree Barn** where we will enjoy a pastry and morning beverage. Then, we will visit **Everything Rubbermaid** to browse and shop. Next, we will tour the **P. Graham Gallery** to see Amish craftsmen at work and then off to **Lehman's Hardware** where the Amish go for their houseware and home life needs. And finally, we will visit the **JM Smucker Store**, a trusted name and quality products for over 100 years. You will receive a gift for your Treasure Bag at every stop. **Register now!**

## **Broadway Babies: "Music from the 80's"**

**Friday, April 26 3 pm Cost \$27**

(show and transportation)

Join us as we enjoy songs from the Eighties, live from the Fairfield Center for the Arts. Dinner will be on your own. **Registration begins Friday, April 12.**

## **Buggies, Buicks, Balls and Buckeyes**

**Tuesday, May 21 8 am Cost \$142**



**(includes motor coach, tours and lunch)**

We will begin at the **Amish Door Village & Restaurant**, where you will be able to shop at the many unique shops including a bulk store and then we will enjoy an Amish meal in the restaurant. Next, we will visit the **Canton Classic Car Museum** filled with vintage and classic cars from 1901 to 1981 followed by a tour of the **Pro Football Hall of Fame**, America's premier sports showplace. Finally, we will visit Harry London Chocolates who are known for their "Buckeyes." **Register now.**

## Marion Franklin 645-3612

### **Scavenger Hunt**

**Wednesday, April 3 9:30 am**

**Cost \$5 (Transportation Only)**

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

### **Amish Country**

**Friday, April 12 7:30 am Cost \$25**

Do you enjoy home-made and all-natural? Well... join us as we travel to Sugar Creek and Walnut Creek. Please register at the front desk.

### **Breakfast and Movie**

**Tuesday, April 16 9 am**

**Cost \$5 (Transportation Only)**

We will leave the center and head to breakfast at Cracker Barrel. The movie we see will be determined a week prior, based on showings and times. Please register at the front desk.

### **Jungle Jim's International Market**

**Friday, April 19 7:30 am Cost \$20**

Join us for a day of shopping. Our first stop will be at Cracker Barrel for breakfast and then proceed to both Jungle Jim stores. Please register at the front desk.

# Trips

## Marion Franklin (continued) 645-3612

**National Museum of the United States Air Force**  
**Wednesday, April 24 7:30 am Cost \$25**

Located in **Dayton**, it is the birthplace, home and future of aerospace. **Wright-Patterson AFB** is "one of the largest, most diverse and organizationally complex bases in the Air Force" with a long history of flight test spanning from the **Wright Brothers** into the Space Age. Lunch is on your own. Please register at the front desk.

### **Snooty Fox**

**Friday, April 26 8:30 am**  
**Cost \$20 (transportation Only)**

Join us on a trip Cincy area for some shopping and lunch. Our first 2 stops are Snooty Fox, lunch at Olive Garden and finishing up at Jungle Jim's international grocery store.

### **Lake Erie Walleye Head Boat Trip**

**Port Clinton, Ohio**  
**Wednesday, June 5 Cost \$80**

### **Lakefront Bus Lines**

Departure from the Marion Franklin Community Center is at 4 am promptly. Trip cost will include bait. Estimated time of return to Columbus is 5:30 pm. All are welcome to go, please register at the front desk at the center. For more information, please contact the center at 614-645-3612.

## Martin Janis 645-5954

### **First Tuesday Tea**

**Tuesday, April 2 11:30 am Cost Free**

The King Center sponsors a diverse program of art, music, cooking, or any number of activities. Come and see what they have to offer this month along with coffee, tea and light snacks!

## **Conversations and Coffee**

**Thursday, April 11 11 am**

**Cost: \$5 for transport, lunch on your own**

Take a sip of coffee as the Martin Janis Hot Licks Drummers play for you at Cultural Arts Center. Afterwards we'll put some sticks in your hands and see if you can pick up the beat!

### **Senior Camp**

**Thursday, April 25 9 am**

**Cost: Free, bring your own lunch**

It's time for our annual trip to Blacklick Woods for fun at one of our scenic Metro Parks. You can take a tram ride, go fishing, nature walk, or arts and crafts. There's also a live animal viewing and nature Bingo!

## Whetstone 645-3217

*Note:* Any participant signing up for Whetstone trips must present payment at the time of registration.

### **ALL ARE WELCOME ON THIS TRIP!**

**Wednesday, April 10 10 am Cost \$10**

The Red Hats/Cruising Cougars will be visiting the Ohio history Center. **Please call Mike to RSVP.**

### **Mike's Taste of Italia**

**Wednesday, April 17 10:30 am**

We will go to Antonio's on Sunbury.

**Please call Mike to RSVP.**

### **Hikes with Mike**

**Wednesday, April 24 10 am**

Hikes with mike resume hiking with a hiker's choice. Call Mike to let him know you are hiking.

**COAAA Central Ohio Area Agency on Aging**  
**3776 S. High St., 43207 614-645-7250**

### **The Times They Are a Changing**

Medical marijuana use is now currently legal in Ohio, with some restrictions. Here's some information on who might qualify, how to obtain medical marijuana, and why you may want to speak to a doctor about whether it's right for you.

In June of 2016, House Bill 523 was approved in both the Ohio House and Senate, and signed into law by then Governor Kasich. It allowed for marijuana products to be manufactured and sold in Ohio for very specific and limited medical conditions. The program has taken several years to be fully implemented. As of now there are eight approved dispensaries in Ohio, located within Lorain, Stark, Columbiana, Lake, Erie, Jackson, and Jefferson counties, none of which are located within central Ohio, although a planned dispensary in Grandview, OH is currently being debated (1). In order to legally obtain medical marijuana in Ohio, a patient who has been diagnosed with one of the following medical issues (AIDS, amyotrophic lateral sclerosis, Alzheimer's disease, cancer, chronic traumatic encephalopathy, Crohn's disease, epilepsy or another seizure

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### **Barnett Bookworms**

**Thursday, April 11 & 25 1:30 pm**

This month we will be reading *Becoming* by Michelle Obama. On April 11, we will be discussing the first half of the book, and the second half on April 25<sup>th</sup>. Light snacks will be provided on the 11<sup>th</sup>, please feel free to bring something to share on the 25<sup>th</sup>.

### **Mosaic Flower Pots**

**Thursday, April 4 2:30 pm**

Spring is around the corner! Join us as we plant flowers in the mosaic pots we made last month.

### **Water Aerobics**

**Monday, March 18 9:30 am Cost \$2**

We will head to the Aquatics Center for a low resistance, low-impact workout. Please register at the front desk if interested in participating.

### **Sewing**

**Tuesdays 1:30 pm**

If you a beginner just learning how to get started or more advanced looking for a little motivation, dust off your machine and join our sewing class.

### **Knit & Crochet Club**

**Wednesdays 1:30 pm**

Open to those of all abilities! Come pick up a new hobby, or share your skills with those who are just learning.

### **Tai Chi**

**Fridays 11 am Cost \$35/session**

Tai Chi is said to improve flexibility and balance, while reducing stress. Register at the front desk or online today!

### **Pickleball**

**Mondays 1:30 pm**

**Thursdays 12:30 pm**

Barnett offers Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

### **Open Basketball**

**Tuesdays and Thursdays 10 am-Noon**

### **Game Room**

**Monday-Friday 10 am-3 pm**

Stop in for puzzles, a game of cards, billiards or even Skee-Ball at your leisure.

Organized games and activities take place Mondays and Wednesdays from noon-1 pm.

### **Produce Giveaway begins April 12!**

Doors open at 2 pm to sign up and the giveaway will start at 3 pm.

Bring your ID and bags.

*April 12*

*May 10*

*June 14*

*July 12*

*August 9*

*September 13*



### **Interested in volunteering? Have a special skill to share?**

We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center for opportunities.

### **Spring Class Schedule**

Stay Young, Stay Fit	<i>Mon, Wed &amp; Fri</i>	<i>9:00 am</i>
Walking Club	<i>Mon, Wed &amp; Fri</i>	<i>10:00 am</i>
Beginner Line Dance	<i>Mon &amp; Wed</i>	<i>10:30 am</i>
Showcase Line Dancing		
	<i>Mon &amp; Wed</i>	<i>12:15 pm</i>
50+ Stretching	<i>Tuesdays</i>	<i>10:00 am</i>
Chair Fitness	<i>Tuesdays</i>	<i>11:00 am</i>
Sewing	<i>Tuesdays</i>	<i>1:30 pm</i>
Rise & Ride	<i>Tues &amp; Thurs</i>	<i>9:00 am</i>
Knit & Crochet Club	<i>Wednesdays</i>	<i>1:30 pm</i>
Core & More	<i>Tues &amp; Thurs</i>	<i>10:00 am</i>
Women's Weightlifting		
	<i>Thursdays</i>	<i>11:00 am</i>
Senior Boxing	<i>Thursdays</i>	<i>12:00 pm</i>
Tai Chi	<i>Fridays</i>	<i>11:00 am</i>
Tennis	<i>Fridays</i>	<i>12:30 pm</i>
Adult Arts & Crafts	<i>Fridays</i>	<i>1:30 pm</i>

**If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!**

**Health and Nutrition**

**Thursday, April 18 12:30-1:30 pm**

Nutritionist Lisa Gibson from OSU will be here to answer all your nutrition questions.

**Walk with a Doc**

**Saturdays, April 13 & 27 8:30-9:30 am**

**Active Shooter Training**

**Thursday, April 25 8:30 am-noon**

The Franklin County Sheriff's Department will be doing a Civilian Response to Active Shooter Training here at Dodge.

Please register at the front desk or call so we can plan accordingly.

**Dodge Morning Walking Club with Holly**

**Mondays & Wednesdays 8:15-9 am**

It's still pretty chilly out but it's always beautiful walking along the river front! We will walk various paths throughout the area so bring a cup of coffee, tea or water, dress warm and come get some exercise in with us. Tell your friends, put your walking shoes on and let's log some steps together with new walking challenges each week!

**Chair Volleyball**

**Mondays and Thursdays 1-3 pm**

Come on out and join us for some chair volleyball. It's great exercise and everyone loves a little competition!

**Dodge Chorus**

**Tuesdays 1-2:30 pm**

We are always looking for new members and amazing vocals so if you would like to sing with our Chorus, please come join us on Tuesdays!

**Upcycled Ice Cream Carton Easter Baskets**

**Friday, April 5 10:30 am-noon**

Join Leslie for this fun and festive activity! Create a beautiful Easter basket using ribbon and a recycled ice cream container. A thoughtful way to package an Easter gift of flowers, candy, or something special for spring. Who doesn't love a homemade gift? Register today.

**Bobbin Lace Workshop**

**Wednesday, April 17 10 am-noon**

The Lace Makers of Central Ohio will be conducting a workshop on bobbin lace. They will bring some examples of handmade lace and demonstrate traditional bobbin lacemaking techniques. You will also have the opportunity to try your hand at making bobbin lace too!

**Crochet**

**Wednesdays 1-3 pm**

Don't worry if you're just a beginner or even if you're more advanced, all skill levels are welcome! Come learn tips about knitting or work on crochet projects geared towards your skill level!

**Dodge Diet Club**

**Wednesdays 3-4 pm**

Need help keeping those resolutions on track? Join us today!

**Food Boxes**

For those who have signed up for the Food Boxes, they are only available for pick up on **Fridays, April 19 and 26; Noon-4 pm**. They will not be available for pick up any other times or days of the week. Please plan your schedule accordingly.

**AARP Tax Preparation**

**Thursdays and Fridays through April 12 9 am-2 pm**

Register today. Spaces are limited.

**Spring Classes (March 19-May 17)**

<b>Walking Club</b>	<b>Mon &amp; Wed</b>	<b>8:15 am</b>
<b>Senior Fitness</b>	<b>Mon</b>	<b>9:00 am</b>
<b>Shuffle Board</b>	<b>Mon</b>	<b>10:00 am</b>
<b>Painting</b>	<b>Mon</b>	<b>10:30 am</b>
<b>You Sew fine</b>	<b>Mon</b>	<b>1:30 pm</b>
<b>Indoor Cycling</b>	<b>Mon &amp; Wed</b>	<b>9:30 am</b>
<b>Art Journals OTG</b>	<b>Mon</b>	<b>3:00 pm</b>
<b>Mosaics</b>	<b>Tue</b>	<b>9:30 am</b>
<b>Chorus</b>	<b>Tue</b>	<b>1:00 pm</b>
<b>Euchre</b>	<b>Tue</b>	<b>12:00 pm</b>
<b>Ceramics</b>	<b>Tue &amp; Fri</b>	<b>1:00 pm</b>
<b>50+ Sewing</b>	<b>Tue</b>	<b>1:30 pm</b>
<b>Coloring Club</b>	<b>Tue</b>	<b>2:30 pm</b>
<b>Warm up Cardio</b>	<b>Wed</b>	<b>8:30 am</b>
<b>Seasonal crafts</b>	<b>Wed</b>	<b>10:30 am</b>
<b>Chair fitness</b>	<b>Wed</b>	<b>11:00 am</b>
<b>Clogging</b>	<b>Wed</b>	<b>10:00 am</b>
<b>Service Circle</b>	<b>Wed</b>	<b>9:00 am</b>
<b>Crochet</b>	<b>Wed</b>	<b>1:00 pm</b>
<b>Dodge Diet Club</b>	<b>Wed</b>	<b>3:00 pm</b>
<b>Bingo</b>	<b>Thur</b>	<b>11:00 am</b>
<b>Oil Painting</b>	<b>Thur</b>	<b>1:30 pm</b>
<b>Chair Volleyball</b>	<b>Mon &amp; Thur</b>	<b>1:00 pm</b>
<b>50+ Alterations</b>	<b>Fri</b>	<b>1:00 pm</b>

**Basic Sign Language****Thursdays 10 am**

Learn the basics of American Sign Language from the alphabet to basic conversation.

**OSU Extension Service with Lisa Gibson****Friday, April 5 9:30 am**

Topic: Flavored Milk Debate and Importance of Eating Lean.

**Veterans' Group****Friday, April 5 1 pm**

We are calling on all members of the armed forces for a meeting of the brotherhood.

**BINGO Mondays, April 8 & 22 1 pm****Eat Better, Feel Better****Tuesday, April 9 11 am**

LifeCare Alliance Dietitian Leonor Button, RD

**Topic:** Healthy Resources

**Alzheimer's Association Tuesday, April 9**

**~Support Group 12:30 pm** Everyone is invited.

**~Private Consultations 1:30-4 pm** for yourself or a caregiver; by appointment (457-6003).

**Gillie Recreation Council Meeting****Wednesday, April 10 1 pm**

All are welcome.

**Open Mic "Poetry Jam"****Saturday, April 13 2-5 pm**

Join us as we celebrate the creative mind with this "Open Mic" program. Share your original poetry and writings as we fellowship with fine artists.

**Please call 645-3106 to register.**

**Jewelry Class****Monday, April 15 6-8 pm Cost \$11/\$15**

Join our guest instructor Cynthia Carr to learn a new technique and learn how to make a "stretch" bracelet that will fit any wrist. You can bring your own beads (\$11) or beads will be provided (\$15) (limited colors).

**Register at the front desk.**

**History Roundtable****Wednesday, April 17 1 pm****Columbus Speech & Hearing****Thursday, April 18 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

**Easter Luncheon****Tuesday, April 16 11:30 am-12:45 pm Cost \$7**

Let's celebrate the coming of spring with baked chicken, mashed potatoes, vegetable medley, dessert and beverage. The G-Clef chorus will entertain us. **No other food will be served.**

**Tickets are now on sale at front desk.**

**Retro Video Gaming****Thursday, April 18 11 am**

Videos are not just for kids and they are a great way to maintain dexterity and keeping our minds alert. Come and take advantage of playing or learning how to play retro (older) and current video games

**Birthdays/Anniversaries****Thursday, April 18 12:15 pm**

**Everyone** is invited to celebrate the months of February, March and April with our members.

**We will also be celebrating a very special 102<sup>th</sup> birthday.** Join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

**AARP Income Tax Assistance****Wednesdays Only, Now-April 10**

By appointment only, call 645-3106 or stop at the front desk to reserve your time.

**★ Creative Arts Event May 8 – 17 ★**

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Art & Music Around the World" (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday, April 24 and Thursday, April 25 at the Martin Janis Center.

**GRAM AND GRAMP CAMP****Monday-Friday, June 3-7 9 am-4 pm**

**Cost: \$120 resident/\$130 non-resident for one grandparent and one grandchild.** This is a chance for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. Registration forms at the front desk.



**Lazelle Woods Multigenerational Center**  
**Anna Marie Brown, Center Manager**

**8140 Sancus Blvd., 43081**  
**645-5330 Hours: Mon-Fri 8 am- 5 pm**

**Euchre/Potluck Party for Pickleball Players**

***Friday April 26; Please arrive by 5 PM. We eat first then play cards afterwards till 8:45 pm.***

Must know how to play how to play Euchre. Spouses or a friend are welcome. Please bring a dish to share and whatever you want to drink, but no alcohol.

**Monday**

Fitness Fuzion	8:15-9:15am	\$35
Walking Club	12-12:45pm	Free
Open Clay Class	6:45-8:45pm	\$10

**Wednesday**

Fitness Fuzion	9:30 – 10:30am	\$35
Walking Club	10:30 – 11:15am	Free
Yoga	6:30 – 7:30pm	\$35

Breathe into Spring / Energize with Ease 3/30 & 4/17  
\$10 for each session

**Thursday**

Fundamentals of Watercolor	6-8:45pm	\$85
Piano 1	7:30-8:00pm	\$25
Adult Needle Crafts	7-7:45pm	Free

**Friday**

Dance Fitness Drop-in		\$5
Pottery with Phyllis	11:30-2:45pm	\$20 + Mtls.
Bollywood Dance & Fitness	7-7:30pm	\$35
Bring Your Own Coloring Book	4/5/19	Free

**Saturday**

Guitar for Beginners	9:15-9:45am	\$75
Yoga for Beginners	10-11:00am	\$80
Tai Chi	11am-12:00pm	\$25

**NEW Pickle Ball Times:** Must have a Drop-in Sports Pass \$10 and a Leisure Card  
Monday & Friday 8:30 – 10:30am  
Wednesday 12:30 – 2:30pm

**COAAA Central Ohio Area Agency on Aging**  
**3776 S. High St., 43207 614-645-7250**

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disorder, fibromyalgia, glaucoma, hepatitis C, inflammatory bowel disease, multiple sclerosis, pain that is either chronic and severe or intractable, Parkinson's disease, positive status for HIV, post-traumatic stress disorder, sickle cell anemia, spinal cord disease or injury, Tourette's syndrome, traumatic brain injury, and ulcerative colitis) must see an approved physician with an Ohio License to Recommend Medical Marijuana, then register as a Medical Marijuana Patient (which includes a small fee), and then travel to an approved dispensary to purchase medical marijuana products (2). Although there are a limited number of dispensaries currently operating, as well as a limited number of physician who are able to provide a recommendation to use the products, as the program continues to evolve more dispensaries and physicians are expected to be available.

Although marijuana as medicine is seen as quite controversial in the United States, studies have shown a benefit to its use in older adults. Many side effects of cancer treatments, such as nausea, vomiting, or a lack of appetite, can be ameliorated by marijuana use, and although smoking marijuana is a common method of ingesting, other preparations (such as edibles, vaping, CBD oil, or lotions) are available at dispensaries. Medical marijuana can also be used for such conditions as chronic pain, Alzheimer's disease, anxiety, eating disorders, and glaucoma (3). Many preparations of medical marijuana that do not include the chemicals that produce a "high" are available as well. If you have a qualifying condition and would like more information about how to obtain medical marijuana, please follow the links below for more information. Please note: in Ohio, it is legal for caregivers to register on behalf of a patient who is too ill to purchase their own medical marijuana products.

Note: While vaporizing plant material is legal in Ohio, smoking it is not. It is also illegal to bring medical marijuana products purchased in other states back to Ohio, although you can legally purchase it in any state that will accept an Ohio Medical Marijuana card, such as Michigan.

1. <https://www.medicalmarijuana.ohio.gov/Documents/Dispensaries/Dispensaries%20with%20Certificates%20of%20Operation/Ohio%20Medical%20Marijuana%20Dispensaries%20with%20Certificates%20of%20Operation.pdf>
2. <https://www.medicalmarijuana.ohio.gov/>
3. <https://www.aging.com/the-complete-guide-to-medical-marijuana-for-seniors/>



**Marion Franklin Dining Center**

**Lunch: Tuesday-Thursday 11 am-1 pm**

LifeCare Alliance...Nourishing the Human Spirit

**Congratulations! Black History Jeopardy Participants:**

**Nadine Lewis, Joseph McKelvey, Larry Miller and Traci Lewis** who travelled to Barnett Recreation Center along with over 25 of their adoring Marion Franklin Community Center fans to compete in the 2019 Black History Challenge.

**AARP Tax Program**

**Deadline: April 15 Hours: 9 am-3 pm**

Tax Assistance will be available Mondays and Wednesdays. Call the center to make an appointment.

**New Afternoon Adult Stretch Class**

**Tuesdays & Thursday 1 pm**

We're introducing a new "hour" class to get your flexibility on. If you are not flexible, don't worry your instructor, **Tay Drew**, will lead you through various exercises to reach your goal. Each class will explore areas of modified stretches to more complex stretching. Please register at the front desk.

**Script Reading (Drama)**

**Every 3<sup>rd</sup> Wednesday 1:15 pm**

If you like drama, you will love this class. Please register at the front desk.

**Senior Council Meeting**

**Every 4<sup>th</sup> Monday of the Month (April 23) 2 pm**

**Check Mate Chess Club Social**

**Friday, April 5 1 pm Free**

Ernest Smith, the Chess Club instructor, invites you out for a meet and greet. If you are a beginner or a pro, come out for an afternoon of chess at its best. Refreshments will be served. Register at the front desk. Event is sponsored by the Senior Recreation Council.

**Specialty Spring Craft – Sand Art**

**Monday, April 8 1 pm**

Bring your special small glass vase or bottle and we supply the colorful sand for a beautiful piece of spring art in a glass.

**Book Club Social & Discussion (center library)**

**Wednesday, April 10 1:30 pm**

**Book:** The Reckoning **Author:** John Grisham

**Classic 8 Ball Tournament**

**Thursday, April 11 4 pm Free**

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Participants receive discounted prices at Papa Joes. Register at the front desk.

**Earth Day**

**Friday, April 19 3:30-5:30 pm Free**

Join us as we clean up our learning gardens and plant a peace garden. A peace garden is made up of river rocks painted with designs, a single word or phrase; even animals to inspire, add color and fun to any garden.

**Canvas & Wine**

**Friday, April 26**

**1 pm**

**Cost \$20**

Enjoy an afternoon of social painting and fun. Take-home large canvas, paint, snacks, music and wine (non-alcoholic) included in the cost. If you are a beginner...don't worry we all are. Everyone will leave with a completed painted canvas. Hosted by Bobbie Smith and the Senior Recreation Council. Registration deadline is April 23.

**Minority Health and Wellness Fair**

**Monday, April 29**

**9 am-2 pm**

**Free**

Presented by the **Marion Franklin Black Studies Group** and Lifecare Alliance. Join us as we celebrate Minority Health Month with interactive presentations and demonstrations. Exhibitors, Vendors, African Dance, Line Dance, Urban Gardening, Tai Chi, Reflexology, Massage Therapy, Diabetes Screenings and more. All are welcome.

**Canning, Preserving and Freezing 101**

This new series of workshops will begin in the spring with an intro to **Canning, Preserving and Freezing fruits and vegetables**. Early registration ends **April 29**. Summer session-preserve fruits/ fall session- techniques of canning vegetables.

**Marion Franklin Dance Recital & Open House**

**Friday, May 10**

**6-8 pm**

**Cost \$5 (for dinner)**

Join us as we celebrate our annual showcase: **"The Many Colors of Spring."** Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes have worked hard this season and are prepared to give you a wonderful show. Tickets are available at the front desk. *For more information, contact Butch or Crystal.*

**Mental Health First Aid**

**Discussion Meeting: April 18 12:30 pm Free**

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. **Please register at the front desk.**

**Health & Wellness Information**

Barbara Parker, registered nurse. For an appointment, please call office: 614-645-7173; voicemail: 614-437-2927. Have your blood sugar checked to get more information about how to manage your Diabetes.



### Last call for tax assistance!

Don't forget about the AARP free tax assistance program here at Martin Janis! Tax professionals are here Mondays from 9 am– 3 pm. Arrive early: first come, first served! April 15th is the final day.

### Easter Brunch and Egg Hunt!

*Wednesday, April 17*



Come and join in the celebration and all the fun activities at our annual Martin Janis Easter Brunch and Egg Hunt! We'll have games and egg decorating, good food and we usually have a surprise or two. Toni will be

calling bingo as always. Don't miss out on our annual party; we look forward to seeing you.

### Senior Council Meeting

*Wednesday, April 17*

### Breakfast for Lunch

*Wednesday, April 3 11:30 am*

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month.

### Quilting Project

The "Fair & Square" quilting group has been sewing at Martin Janis since August, 2015. They recently pieced and quilted placemats which will be donated to Meals on Wheels in celebration of National Quilt Day. Thanks go out to the dedicated quilters for their generous time and talent!

### Chair Volleyball

*Mondays 1 pm*

Chair Volleyball is back in the auditorium! Come join Mary Williams for all the fun! Check at the front desk for details.

**Gregg's Health Corner:** Add More Vegetables to Your Diet- According to the USDA eating vegetables is important because they provide vitamins and minerals and are low in calories. Some tips to add vegetables to your diet include:

1. Steam fresh or frozen vegetables in the microwave in a container with a small amount of water for a quick side dish.
2. Cut up an assortment of vegetables to pre-package them when time is short.
3. Choose vegetables rich in color to insure you get all of their vitamins and minerals.
4. Sip on some vegetable soup.
5. Buy vegetables in season for maximum flavor at lower cost.

### Census Job Opportunities!

Census positions provide the perfect opportunity to earn extra income while helping your community. The results of the 2020 Census will help determine your state's representation in Congress, as well as how certain federal funds are spent for schools, hospitals, roads, and more. In addition to supporting the community, census jobs offer great pay every week, flexible hours, and paid training. Office workers are paid \$14.50/hour. Field workers are paid \$18.00/hour plus 58¢ per mile. Applying for jobs is easy. Visit [2020census.gov/jobs](https://2020census.gov/jobs) to learn more, and click on **Apply Now**.

### The Artists of Martin Janis

A big THANK YOU to the artists of Martin Janis for all of your fantastic art submitted for the 5<sup>th</sup> annual Martin Janis Art Show. Talent, imagination and creativity was on full display. Kudos to you all.

### Save the Date:

#### The Creative Arts Event

*May 8-17*

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2019 event is: "Music in the Air." Now is the time to start thinking about your project; let your creativity harmonize and sing. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie at 645-3106.

### Lunch is served!

*Monday-Friday 11:30 am-12:30 pm*

*\*Participants must present payment upon registration for all activities with fees.\**



**Canasta**

***Mondays 1-4 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; Noon-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; Noon-3 pm; Free; Community Room***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***

Come join us on Mondays for the best lunch deal around. Bring your appetite and \$5; and we'll see you every Monday.



**Open Pickle Ball**

***Monday, Tuesday, Friday***

***9:30-11:30 beginner (2.5-3.0 rating)***

***12:30-2:30 Advanced (3.5-5.0 rating)***

***Mon., Wed. and Fri.: 6:15am -8:00am All Levels***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis, and a fun way to get exercise.

***Contact Mike for any questions.***

**International Folk Dancing**

***Mondays 7-8:45 pm***  
***Free Dance Room***

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."



**Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. ***Contact the center with questions about meeting times.***

**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

**Wii Bowling** Tuesdays 10:30-12:00pm/ *Free*  
(Everyone comes at this time)

**The Body Shop Workout** Tues. /Thurs. 4pm, 5pm & 6pm and Sat 9:15am / *\$10-1 class pass, \$70-10 class pass, \$97.50-15 class pass, \$120-20 class pass,*

**Full Body Conditioning** – Weds and Fri. 9:15 -10:15  
*\$49 for 1 day; \$79 or two days*

**Woodcarving** Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6pm/*Free/ bring your own supplies*

**Wood Chippers-** Wednesdays 9am-12pm/  
*Free/Bring your own supplies*

**Walking- Gym** M, T, Th, & F 8-8:45

**Fearless Falling (Adult Safety Skills)** Fridays 10:30-11:30am/ *\$30- 9 weeks*

**Gentle Yoga** Wednesdays 10-11am or 7:15-8:15pm/*\$50 each – 9 weeks*

**Chair Aerobics** – Tuesday and Thursday – 9:15am – 10:00am – Cost – Free

**Tai Chi for Balance** – Tuesday – 10:00am – 11:00am or Friday – 9:30am – 10:30am – Cost - \$35 – 9 weeks

**Beginning Tai Chi** – Thursday - 6:00pm – 7:00pm – Cost - \$45- 9 weeks

**Slow Down and Flow Yoga** – Monday – 10:00am – 11:00am - \$50 – 9 weeks

**Water Color Open Studio** –Tuesday – 11:30 – 1:30 – Cost – Free; Bring your own supplies

**Pilates Yoga** – Wednesday – 6:00pm – 7:00pm – Cost: \$45 – 9 weeks

**Beginning Stained Glass** - Thursday – 9:00am – 11:30am – Cost - \$25 – 9 weeks

**Ashtanga Vinyasa Yoga** – Thursday – 6:00pm – 7:15pm – Cost: \$70 – 8 weeks

**Total Conditioning Workout** – Mon, Weds, Fri, - 6:15am – 7:00am - \$50 – 10 class pass

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT  
1111 EAST BROAD STREET, SUITE 103  
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## **Creative Arts Event May 8-17**

**Come to enjoy art and live  
entertainment.**

**More information on page 1.**



## **Gram and Gramp Camp Indian Village**

**June 3-7**

**Bring your grandchild along with you  
to this week long camp or come by  
yourself to enjoy the wonders of  
nature.**

**More information on page 7.**